

Adaptive Recreation Spring & Summer Youth Program Registration



NAME: _____

ADDRESS: _____

_____ ZIP _____

DOB: ____/____/____

PHONE #1: () _____

EMERGENCY PHONE #: () _____

EMAIL ADDRESS: _____
(If you wish to receive EMAIL updates/notices)

REGISTRATION & PAYMENT INFORMATION

Dates: Monday, March 8- Friday, March 19

Location: Parks & Recreation Department
201 4th Street SE #150
Rochester, MN 55904

Office Hours: 8am-5pm / Monday – Friday

Phone: (507) 328-2539



Registration Options:

- 1). In person
- 2). By Mail
- 3). By phone (credit card payments only)

Website: www.rochestermn.gov/parks
Subscribe to email alerts by visiting our webpage.

☐ **Cash - \$** _____

☐ **Check/Money Order - \$** _____
(Payable to Parks & Recreation)

☐ **Bill to:** _____
Organization & Contact Name

Credit Card

____ Visa ____ Master Card ____ Discover

Name on card: _____

Card #: _____

Expiration Date: ____/____

Total amount to be charged: \$ _____

ACTIVITIES

Program	Cost	Transportation
<input type="checkbox"/> Afterschool Program	<input type="checkbox"/> \$750.00 <input type="checkbox"/> \$250.00 If providing one:one staffing)	Transportation from within Rochester to the program site included in cost.
<input type="checkbox"/> Choir	\$56	-----
<input type="checkbox"/> Soccer	\$55	-----
<input type="checkbox"/> Bowling	\$40	-----
<input type="checkbox"/> Music 4 Youth	\$70	-----
<input type="checkbox"/> Girl Scouts	\$45	-----
Swim		
<input type="checkbox"/> Spring Session	\$48	-----
<input type="checkbox"/> Summer Session	\$64	
<input type="checkbox"/> Horseshoes	\$36	-----
<input type="checkbox"/> Teen Scene	\$20	-----
<input type="checkbox"/> Summer Dance	\$7	-----
<input type="checkbox"/> Night with the Honkers	\$10.	If sending staff, please include payment of \$10 with registration.

Week	Summer Day Camp Program Dates	Cost
<input type="checkbox"/> #1	June 14-18	\$115.00/person
<input type="checkbox"/> #2	June 21-25	
<input type="checkbox"/> #3	June 28-July 2	Add \$50.00/per
<input type="checkbox"/> #4	July 5-9	person/week if
<input type="checkbox"/> #5	July 12-16	requiring 1:1
<input type="checkbox"/> #6	July 19-23	staffing.
<input type="checkbox"/> #7	July 26-30	
<input type="checkbox"/> #8	August 2-6	

What is the Adaptive Recreation Program?

The Adaptive Recreation program is sponsored by the Rochester Park & Recreation Department and is a year-round therapeutic sports and leisure program for persons with a developmental disability.

Activities are designed and adapted to address the unique needs of participants who may have one or more disabilities including Mental Retardation, Autism Spectrum Disorder, Cerebral Palsy, Down Syndrome, General Global Delays, and physical challenges.

If you would like more information about our program, please call the Coordinator of Adaptive Recreation at (507) 328-2539 or visit our website at www.rochestermn.gov/parks



RESOURCE MANUAL – FREE!

In May 2006 a group of parents and professionals came together to network and collaborate on the **SNOCs (Special Needs Organizations Committee) Resource Manual** to bring greater awareness of the expanding special services available in and around the Rochester Area, for individuals, families, and professionals involved with Developmental Disabilities.

Information included in the manual is categorized by Education, Employment/Day Programs, Recreation/Activities, Residential Services, and *General* Resource Services available to persons (birth through late adulthood) who have special needs.

You may download a copy from www.rochestermn.gov/parks - click the Classes & Programs icon, then Adaptive Program icon.

The new 'Afterschool Program'

Bear Creek Services in collaboration with The Rochester Parks & Recreation Department (the Adaptive Recreation Division) are pleased to announce a new partnership in programming for youth with special needs.

This program opportunity offers a safe & stimulating afterschool environment for children with a variety of special needs including Autism, Down Syndrome, PDD/NOS, Cognitive Challenges, Physical Challenges, etc., Youth will benefit from activities involving fine & gross motor skills, individual & group work, music therapy, dramatic play and sensory stimulation with an emphasis on socialization and communication.

Our program includes transportation **ONE WAY** (from a Rochester Public/Private school to Bear Creek Services) and will provide experienced, well-trained staff to assist & supervise children in a variety of stimulating activities developed to encourage growth in communication, socialization, and physical ability. An afterschool snack will be served along with homework time offered daily!

WHO

Youth ages 4-18 with a Developmental Disability.

DATES

Spring Session ~ M-W-F April 5-June 11



TIME

*Youth ages 4-11	*Youth ages 12-18
3:30-6:00 p.m.	2:30-6:00 p.m.

LOCATION

Bear Creek Services, 3108 Hwy 52 N.

COST

*\$750.00/child /staff to client ratio of 1-4

*\$250.00/child requiring & providing their own one: one staffing.

OTHER: Limited space available. Registration is on a "first come/first serve" basis. Those registering for the program will receive a more detailed packet of information with forms to be completed & returned prior to participation.



MONDAYS

CHOIR

Singing improves unspoken communication, and challenges concentration, attention and memory skills, encourages eye contact and confidence! Why not join choir and not only receive all the benefits, but also experience the fun of singing with friends! Choir performance will be May 17 @ 7:30 p.m., invite your family & friends.

WHO: Persons 13-17 years who are able to sing.

DATES: Mondays, April 12-May 17

LENGTH: 6 weeks

TIME: 7:00-8:00 pm

COST: \$56.00

LOCATION: Sunset Terrace Elementary School Music Room



SOCCER

Coach Wayne will lead youth in working on eye-foot coordination and balance skills involving kicking, blocking, moving the ball down the field and around obstacles. Youth will practice their new skills during 'game time' too!

WHO: Youth ages 4-17

DATES: Mondays, May 10-June 28
(No class May 31)

LENGTH: 7 weeks

TIMES: 6:30-7:15 p.m. – Ages 4-12
7:15-8:00 p.m. – Ages 13-17

COST: \$50.00

LOCATION: The National Volleyball Center – when the weather is nice we'll play outdoors! Athletic shoes only!



TUESDAYS

BOWLING

Participants will learn how to find their shoes, bowling balls, and lanes and will also work on techniques to bowling that help them be as independent as possible. Participants will be divided up into lanes based on their ages and ability levels. 2 games per week and shoes included!

WHO: Youth ages 4-17

DATES: Tuesdays, April 6-May 11

LENGTH: 6 weeks

TIMES: 4:00-5:00 p.m.

COST: \$40.00

LOCATION: Colonial Lanes Bowling Alley



TUESDAYS continued . . .



MIRACLE LEAGUE SOFTBALL PROGRAM

The Miracle League is an adaptive t-ball/softball program for youth and adults with physical and/or cognitive disabilities!

Rochester boasts a Miracle Field at the Watson Sports Complex. The field has a rubberized playing surface allowing barrier-free accessibility over the entire field. Bases are painted on the surface so persons with cognitive and/or visual impairments or those using wheel chairs, crutches, or walkers can easily maneuver the entire field without obstacle!!

To register for the Miracle League Softball program, go to www.semmiracleleague.com

WEDNESDAYS

MUSIC 4 YOUTH

This program uses the therapeutic elements of music to address physical, emotional, cognitive, and social needs of children with Developmental Disabilities.

Music therapy promotes wellness

*helps children express feelings

*enhances memory

*improves communication



Jenny Kruse is board certified with a Masters in Music Therapy and has extensive experience working with youth with Developmental Disabilities in a variety of settings. Jenny has successfully led the Music for Youth program the past 7 years.

WHO: Youth ages 3-17

DATES: Wednesdays, April 7-May 19

LENGTH: 7 weeks

TIMES: Ages 13-17: 3:30-4:10 pm

Ages 3-7: 4:15-4:45 pm

Ages 8-12 4:45-5:15 pm

COST: \$70.00

LOCATION: Bear Creek Services, Inc. located @ 3108 Hwy. 52 North.

THURSDAYS

GIRL SCOUTS

Learn the Girl Scout promise, play games, sing songs, make crafts, and have lots of fun with your girlfriends! Don't miss this great opportunity to be a Girl Scout . . . where Girls Scouting is for **EVERY girl, EVERYWHERE!!!**

WHO: Girls ages 5-17 years of age
DATES: Thursdays, April 8-May 20
(No activity April 15)
LENGTH: 7 weeks
TIME: 4:30-5:30 pm
COST: \$45.00
LOCATION: The Recreation Center, Activity Room #2.



SWIM

This program is designed to help the new or novice student become comfortable in the water and to help the student learn basic swim skills through one to one instruction. Experienced swimmers are welcome and will work on refining swim strokes as well as work on their endurance. Limited space available.

WHO: Persons 4 years and older
DATES: Spring Session
Thursdays, April 22-May 27
LENGTH: 6 weeks
COST: \$48.00
DATES: Summer Session
Thursdays, June 18-August 6
LENGTH: 8 weeks
COST: \$64.00
BOTH SESSIONS RUN
TIME: 6:00-6:30 or 6:30-7:00 p.m.
SITE: The Recreation Center Pool.



FRIDAYS

TEEN SCENE

A popular program in which "Teens" plan the Friday Night activities based on the group's interests. Bring your school activity calendar, newspaper, your thoughts or other "tools" to help plan activities.

WHO: Persons 13-18 years of age
DATES: Fridays, April 9-May 28
LENGTH: 8 weeks
COST: \$20 (registration fee only)
***Additional costs associated with some activities.**



NOTE: Teens will meet on Friday, April 10 at Valentinos Pizza from 6:00-7:30 p.m. for dinner & to assist in planning the activity schedule. Please bring \$6.00 for dinner.

ACTIVITY

SCHEDULE: Will be posted online and also emailed to participants on April 13; if you do not have email or internet access and need one mailed to you, please call!

SPECIAL ACTIVITIES

A NIGHT AT THE HONKERS!

Join us at the Ol' ball game and watch the Rochester Honkers play the LaCrosse Loggers! Hotdog and coke included in the price of admission!

WHO: Persons 13-17 years
DATE: Tuesday, June 22
TIME: 6:30-9:30 p.m.
COST: \$10/participant
(If group home and/or support staff will be attending, payment must be accompany registration).
LOCATION: Mayo Field Ballpark, 403 East Center Street. Meet Park staff at ticket booth near stadium.



SUMMER DANCE

Hit the dance floor and enjoy great music and being with your friends! Refreshments served; pre-registration is required and accepted until Thursday, June 10 at noon. **Limited supervision provided. We do not provide one:one supervision – please bring an aide if one is required.**

WHO: Persons 13-17 years
DATE: Friday, June 11
TIME: 6:30-8:30 p.m.
COST: \$7.00
LOCATION: The Graham Arena @ the Fairgrounds.



SUMMER DAY CAMP

Activities include crafts, music therapy, social skills activities, swimming, dramatic play, adventures as well as activities that not only are fun but therapeutic and educational! Bring a swimsuit, towel, and snack daily! An information packet and weekly schedules will be mailed to participants prior to camp!

WHO: Persons 3-17 years of age of all ability levels!
DATES: Monday-Friday
June 14-18 – Week #1
June 21-25 – Week #2
June 28-July 2 – Week #3
July 5 - 9- Week #4
July 12-16 – Week #5
July 19-23 – Week #6
July 26-30 – Week #7
August 2-6 – Week #8
TIME: 1:00-5:15 pm
COST: \$115.00/week - add \$50/week if needing one:one staffing.
LOCATION: The West Pavilion @ Silver Lake

